



Expanded facilities will help to sooth and invigorate your Body & Soul

Tuesday marked the unveiling of the newly renovated and expanded Body & Soul Spa and Fitness Center at the Tierra del Sol Resort and Country Club. During a cocktail party for good clients and the press, spa manager Orly Valor proudly gave the attendees a tour of several luxurious new rooms that have been added to the spa, including a second story beauty salon.

Tierra del Sol is a beautiful place for a spa, the hilltop location provides a stunning view of the California Point and the lighthouse, and many of the rooms of the spa are set up to take advantage of it. While working out in the fitness room one can keep the mind occupied with a choice of programming from three televisions, or choose to look out on this tranquil vista and sooth the mind. Even in the salon while having their hair done, a person can contemplate the beauty of nature.

One of the new rooms offers luxurious private surroundings for couples. It is set up for side-by-side treatments, and then the couples have the use of an enormous private shower/bath built for two. The purchase of a massage for \$80 includes the use of the room, the Jacuzzi, the fitness room and sauna, and the swimming pool on the resort's terrace.

The spa is offering a wide selection of body wraps, massages, facials, foot reflexology, plus manicures and pedicures in another new room that has been especially set up for that purpose. An invigorating Vichy shower can be added to any treatment for an additional charge.

Body & Soul embodies everything that one wants in a spa, a tranquil surrounding that enhances the relaxing qualities of massage treatments, a perfect place to pamper oneself or a loved one with a gift certificate to a treatment. The spa also offers a membership package that allows unlimited use of the fitness room, sauna, Jacuzzi, swimming pool and discounts on treatments. An additional perk of membership is a 20% at the Tierra del Sol Pro Shop and in the Ventanas del Mar Restaurant.

The beautiful new facilities are definitely worth a look, and a gift certificate would very likely be most welcome by the recipient at gift giving time, which is coming up very soon.